Give an Hour is Proud to Serve Those Who Serve, Our Veterans and Their Families

No Cost, Confidential Counseling In Person/Phone/Video

www.giveanhour.org

giveanhour
Giving help and hope

giveanhour

Why Give an Hour?

giveanhour.org

Emotional pain is part of our experience as human beings. Give an Hour provides care and support for those who otherwise might not receive it by harnessing the skill, expertise and generosity of volunteer mental health professionals across the country. Since 2005, Give an Hour has focused on providing free mental health care to active duty, National Guard and Reserve service members, veterans, and their families. In 2016, we began expanding our efforts to address the mental health needs of additional populations.

What is Give an Hour?

Give an Hour exists for those who don't have access to compassionate mental health care. Licensed mental health providers have joined Give an Hour to change the direction of mental health and volunteer to provide direct services.

By harnessing the skills and generosity of citizens across our nation and around the world, we provide those in need with help and hope. We offer those who care the opportunity to give.

Who do we serve?

Those who are currently serving/have served

in the military, National Guard, Reserve, veterans, their families and loved ones Do not have to be honorably discharged (accept al discharge classifications) Do not have to meet specific active duty days of service, have deployed OCONUS. DEERS eligibility Any era, any branch, any reason Loved ones include friends and extended family (Aunts, Grandparents, Parents, and more)

Expanded Populations:

In 2016, we began expanding our efforts to address the mental health needs of additional populations; however our commitment to serving military and families will remain the same.

For more information www.giveanhour.org or email info@giveanhour.org

Give an Hour

giveanhour

giveanhour.org

Our Services:

How do we serve?

With thousands of providers across 50 states, the District of Columbia and Puerto Rico—and still growing—Give an Hour offers treatment for:

- anxiety
- depression
- substance abuse
- post-traumatic stress
- traumatic brain injuries
- sexual health
- intimacy concerns
- loss and grieving

Volunteer mental health professionals: Commit a minimum of one hour per week for one year Receive up-to-date training Collaborate with governmental agencies, private and non profits

How can you help?

Notify Give an Hour

Events or outreach opportunities (YRRP, Family Day) Specific issues or barriers to care Feedback on services, need for additional providers or ideas on special projects

Notify Military and Families

Tell everyone you encounter about the Five Signs Encourage those who need help to reach out Specifically work to reach family members; those who encounter our Guard and Reserve daily Lead by example, encourage military leaders to openly discuss mental wellness

Notify the Community

Educate local organizations on how they can best serve Facilitate military, community, mental health professionals and volunteers to help create collaborative solutions

Order Give an Hour Materials
https://giveanhour.go.customprintcenter.com

Key Messages and Talking Points

- Give an Hour is a nonprofit organization providing free, unlimited, anonymous mental health services to military members, veterans, their loved ones, and their communities.
- Give an Hour serves all branches, eras, those who have or have not deployed, and all reasons of discharge (honorable, other than honorable). Loved ones include extended family and friends who are affected by the member's time in service.
- Give an Hour currently has nearly 7,000 volunteer providers nationwide—in all 50 states, the District of Columbia and Puerto Rico. When signing up, volunteer providers commit to one hour per week, for one year of service.
- Give an Hour's services are available in person, over the phone or using HIPAA compliant virtual therapy services. Give an Hour providers never charge clients for their therapy services.
- Give an Hour's services include individual, marital, and family counseling, as well as treatment for post-traumatic stress and traumatic brain injuries, substance abuse, depression, anxiety, and grieving.
- Give an Hour's goal is to supplement rather than supplant the psychological services the military offers.
- The match between therapist and client is made online through the Give an Hour website, www.giveanhour.org. Potential clients search for providers by zip code. Listings include information about specialty or expertise, such as grief counseling, marital therapy, or substance abuse, as well as willingness to participate in telephone sessions or video counseling in the event that in-person meetings are not feasible.
- Give an Hour verifies that all providers are licensed in their state.
- To protect confidentiality, Give an Hour's website contains no "cookies" that could identify people seeking help. The site does include information for visitors about what to expect during counseling sessions and how to choose a counselor. For therapists, there is information on a variety of topics, including military culture, as well as training opportunities for treating post-traumatic stress and other conditions affecting military personnel.
- Give an Hour's network of mental health professionals includes psychologists, psychiatrists, social workers, marriage and family therapists, licensed professional counselors, pastoral counselors, psychiatric nurses, and substance abuse counselors.
- Give an Hour hopes to recruit to its network 10 percent, or 40,000, of the approximately 400,000 licensed mental health professionals in the United States.
- With an average fee of $100 an hour, a network of 40,000 has the potential to save the military and taxpayers $4 million per week in mental health services costs.
- Though it is not required, Give an Hour offers individuals who use our services the opportunity to give back to their own community.

giveanhour

How to Access Care

GET HELP: How to Access Care

giveanhour.org

Visit www.giveanhour.org; click on "Get Help". Input your search criteria into the web form.

You may expand your search by using CTRL or Select All. You may choose in person, virtual, or telephonic care within your state.

A list of providers meeting the search criteria will be generated for you to contact. If you are unable to find a provider based on search criteria, please email the Give an Hour staff at info@giveanhour.org so that we may assist in your search.

Selecting and Scheduling with a Provider

Speak with the prospective provider on the phone and inform them you found their contact information on Give an Hour's website and would like to make an appointment.

Identify yourself and your military affiliation and inform the provider of what you are experiencing that leads you to seek care.

If you choose, ask the provider about their experience working with your needs, and if they have experience with military clients. This exchange will help you assess the provider's comfort and experience with your situation.

Not all providers will be available on the first call. Please leave a message or contact another provider on the list to meet your need.

You will not be charged for therapy services when seeking care from a Give an Hour provider. If a provider asks for payment or insurance information, please let Give an Hour know by emailing info@giveanhour.org.

changedirection

Change the Conversation

Emotional pain is part of the human condition – sometimes we are able to heal as a result of the love and support of those close to us… sometimes we need more than love and support. Help is available if we recognize the signs.

We all have mental health – just as we all have physical health. Sometimes our mental health is great – but sometimes we struggle, sometimes we suffer.

The goal of the Campaign to Change Direction is to change the culture of mental health so that all of those in need receive the care and support they deserve. Learn the Healthy Habits of Emotional Well-being and the Five Signs of Emotional Suffering to maintain your mental well-being and encourage mental well-being in others.

Know the Five Signs

personality change | agitation | withdrawal | poor self care | hopelessness

These signs tell us that that someone may be in need of additional support from existing military resources or through Give an Hour. Resources and Tools to share are available at:

- www.changedirection.org/tools
- http://www.changedirection.org/militarypsa/

changedirection.org

the campaign to
changedirection®
a collective impact effort led by Give an Hour

Talking Points

- 1 in 5 Americans has a diagnosable mental health disorder but only 40% receive the help they need.
- According to the Army, only 40 percent of veterans who screen positive for serious emotional problems seek help from a mental health professional
- More Americans are expected to die this year by suicide than in car accidents. Suicide rate increasing among the active duty, National Guard and Reserve.
- 1.7M Americans sustain a traumatic brain injury each year - which may affect their cognitive and emotional functioning.
- Drug use is on the rise in this country and 23.5 million Americans are addicted to alcohol and drugs. That's approximately one in every 10 Americans over the age of 12.
- We all have mental health – just as we all have physical health. Sometimes our mental health is great – but sometimes we struggle, sometimes we suffer. Emotional pain is part of the human condition – sometimes we are able to heal as a result of the love and support of those close to us… sometimes we need more than love and support. Help is available if we recognize the signs.
- The goal of the Campaign to Change Direction is to change the culture of mental health in America so that all of those in need receive the care and support they deserve.
- The Campaign encourages all Americans to pay attention to their emotional well-being – and it reminds us that our emotional well-being is just as important as our physical well-being.
- In order to change our culture, we have to start with a common language. Just as we all know the signs that mean someone may be having a heart attack and needs help, we can all learn the signs that mean someone may be suffering emotionally and needs help.
- The Five Signs of emotional suffering are change in personality, agitation, withdrawal, decline in personal care, and hopelessness.
    - They are simple, observable signs that everyone can see, everyone can learn.
    - These are signs that we often see but we don't always understand or know what to do about when we see them in ourselves or others.
    - These are not diagnoses. These signs cut across diagnoses – and apply to all kinds of conditions and situations. They are indicators of emotional suffering in general, not specific signs of a given disorder or condition.
- And when we see that someone is suffering emotionally, it is up to us to show compassion, to reach out, connect, and offer to help.

Visit www.giveanhour.org for access to no cost mental health services. Need Help Now? Give an Hour does not provide emergency services. Visit https://giveanhour.org/get-help/helplines/ for Crisis Resources.

the campaign to
changedirection®
a collective impact effort led by Give an Hour

Five Signs of Emotional Suffering

Nearly one in every five people, or 43.8 million American adults, has a diagnosable mental health condition.[1] Half of all lifetime cases of mental disorders begin by age 14.[2] In addition, 1.7M Americans sustain a traumatic brain injury each year - which may affect their cognitive and emotional functioning. Drug use is on the rise in this country and 23.5 million Americans are addicted to alcohol and drugs. That's approximately one in every 10 Americans over the age of 12.

Often our friends, neighbors, co-workers, and even family members are suffering emotionally and don't recognize the symptoms or won't ask for help.

Here are five signs that may mean someone is in emotional pain and might need help:

Personality changes.
You may notice sudden or gradual changes in the way that someone typically behaves. People in this situation may behave in ways that don't seem to fit their values, or the person may just seem different.

Uncharacteristically angry, anxious, agitated, or moody.
You may notice the person has more frequent problems controlling his or her temper and seems irritable or unable to calm down. People in more extreme situations of this kind may be unable to sleep or may explode in anger at a minor problem.

Withdrawal or isolation from other people.
Someone who used to be socially engaged may pull away from family and friends and stop taking part in activities that used to be enjoyable. In more severe cases the person may start failing to make it to work or school. Not to be confused with the behavior of someone who is more introverted, this sign is marked by a change in a person's typical sociability, as when someone pulls away from the social support typically available.

May neglect self-care and engage in risky behavior.
You may notice a change in the person's level of personal care or an act of poor judgment. For instance, someone may let personal hygiene deteriorate, or the person may start abusing alcohol or illicit substances or engaging in other self-destructive behavior that may alienate loved ones.

Overcome with hopelessness and overwhelmed by circumstances.
Have you noticed someone who used to be optimistic and now can't find anything to be hopeful about? That person may be suffering from extreme or prolonged grief, or feelings of worthlessness or guilt. People in this situation may say that the world would be better off without them, suggesting suicidal thinking.

Know the Five Signs.

Reach out, connect, inspire hope, and offer help.

personality changed? agitated? withdrawn? poor self-care? hopeless?

#ChangeMentalHealth

visit

www.changedirection.org

giveanhour℠
Giving help and hope

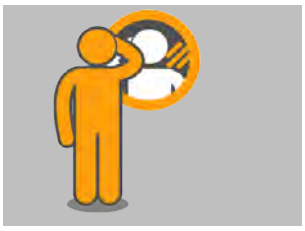
the campaign to
changedirection®

the campaign to changedirection®

Healthy Habits of Emotional Well-being

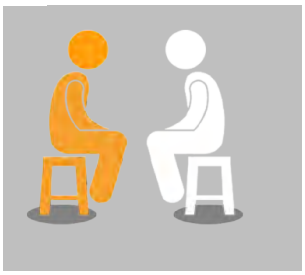
It is important to recognize when someone in emotional pain. It is equally important to learn basic habits that keep us emotionally healthy.

What are the Healthy Habits of Emotional Well-being? They are habits that everyone can learn – habits that allow each of us to identify and practice what works for us.



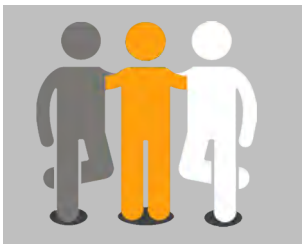
Take care of you.

Eat, sleep and be active. We don't often think about how important these basic activities are for our mental health – but they are critical.



Check In and get checkups.

We get check-ups for our physical health. We see our dentist to take care of our teeth. We even take our cars in for tune-ups. It's time to take responsibility and get check-ups for our emotional well-being. Talk with your doctor, a counselor, a faith based leader…and your family and friends to make sure you – and those you love – are doing well emotionally.

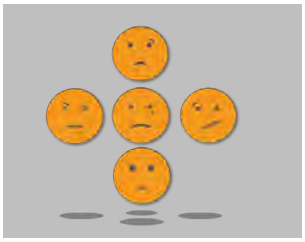


Engage and connect wisely.

Pay attention to your relationships. We can't be healthy if our relationships are not.

Relax.

Learn ways to reduce the stress that we all face – and practice what works for you: meditate, run, knit, dance, sing, write, love…..



Know the Five Signs of Emotional Suffering.

The *Five Signs* are change in personality, agitation, withdrawal, decline in personal care, and hopelessness. Someone may exhibit one or more signs. Many conditions can result in emotional pain. If you see them in someone you love, reach out, connect and offer to help.

If everyone is more open and honest about mental health, we can prevent pain and suffering, and those in need will get the help they deserve.

The Campaign to Change Direction is a collection of concerned citizens, nonprofit leaders, and leaders from the private sector who have come together to create a new story in America about mental health, mental illness, and wellness. Join us and make a pledge at www.changedirection.org.

A collective impact effort led by giveanhour

Healthy Habits of Emotional Well-being

Take care

Eat well, sleep well, exercise

Check in

With family, friends & counselors

Engage

You can't be healthy emotionally if your relationships aren't

Relax

Be active, meditate, garden, dance, love, cook, sing...

Know

Know the Five Signs of emotional suffering

giveanhour℠ Giving help and hope

www.changedirection.org

the campaign to changedirection®